



Strength in Service: Mental Health Tips for Veterans at Work

Introduction

Veterans are crucial to life as we know it because of the sacrifices they make to protect our freedom. They serve with courage and risk their lives to help us live in peace. Unfortunately, veterans often face difficulties integrating back into the workplace when finished with terms of duty. Military culture is highly structured and orderly, with clear rules and expectations. In contrast, veterans may find it difficult to adapt to the flexibility and uncertainty of a civilian career.

If you are a veteran, we thank you for your service and want to help you succeed at your job. In this guide, you'll find strategies and links to Modern Health's self-guided digital resources to take your work life to the next level.



Tips to Support Veterans' Mental Health



Use veteran resources

- Take advantage of resources offered by [Veterans Affairs](#) or other global veterans organizations. In the U.S., you can also call the Veterans Crisis Line at **1-800-273-8255 (press 1)**.



Stay connected

- Build or maintain [strong relationships](#) with your colleagues.
- Join veteran Employee Resource Groups (ERGs), support groups, or community organizations to share experiences and find support.



Build Healthy Habits

- Get regular physical activity through walking, running, or yoga. Schedule walk breaks during the work day.
- Practice [sleep](#) hygiene and build a morning routine.
- Be sure to fuel yourself throughout the day and maintain a [healthy diet](#).



Use mindfulness and relaxation techniques

- Practice mindfulness, [meditation](#), or deep breathing exercises to [reduce stress](#) and anxiety at work. Companies often offer free yoga sessions and other perks.
- Consider activities like tai chi or progressive muscle relaxation.

Tips to Support Veterans' Mental Health



Monitor your mental health

- Pay attention to your [mood, stress levels](#), and any symptoms of anxiety or depression.
- Use journals or mental health apps to monitor changes and patterns.



Find time for meaningful activities

- Participate in [hobbies or activities](#) outside of work that bring joy and a sense of purpose.
- Sign up for volunteering opportunities through your company or participate in community service to stay engaged and connected.



Educate yourself

- Learn about common mental health issues that affect veterans, such as depression, anxiety, insomnia, and PTSD.
- Use [Modern Health](#) and other mental health benefits offered by your company.



Create a crisis plan

- Develop a plan for what to do during a mental health crisis, including emergency contacts and coping strategies.
- Share this plan with trusted family members, friends, or colleagues.

Modern Health Resources

Modern Health has a variety of resources to support veterans in the workforce:



One-On-One Care

Modern Health can match you with a provider who specializes in addressing issues veterans commonly face. All appointments can be held virtually through the Modern Health app, so you can access care anywhere with a secure online connection and some privacy.

[Get matched with a provider today](#)



Self-Guided Digital Resources

You can access self-guided digital resources on-demand 24/7, including digital programs, guided meditations, and courses:

- [Building Healthy Habits program](#)
- [Understanding Stress & Trauma program](#)
- [Coping with Grief and Loss mediation](#)
- [A Remedy for Restful Sleep meditation](#)
- [Managing Stress course](#)



Circles

Circles are pre-recorded and live provider-led spaces to learn, grow, and connect across important topics. Check out these pre-recorded sessions:

- [Coping with Stress and Anxiety During Uncertainty](#)
- [Self-Compassion: A Beginner's Guide](#)



Modern Health is your mental wellness benefit.

Access to personalized 1:1, group, and self-serve resources for your well-being, so that you can be the best version of yourself — at home, at work, and in your relationships.

Scan this QR to get started. Or visit my.modernhealth.com.

